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FOR IMMEDIATE RELEASE:

EIU AND SARAH BUSH LINCOLN WILL CO-SPONSOR LECTURE SERIES

CHARLESTON -- Eastern Illinois University and Sarah Bush Lincoln Health Center are co-sponsoring a three-part lecture series on stress, "Coping with the Kinks of Life."

Each program in the series will be presented live at 7 p.m. in the Sarah Bush Lincoln Health Center Gritti Room and transmitted via satellite to Effingham High School.

The first lecture, "The Stress Mess: Where Are the Kinks and How Did They Get There?," will be held Tuesday, April 18. Psychologist William Kirk, Ph.D., will help participants assess global and individual causes of stress and assist them in defining their personal symptoms.

Psychiatrist William Bogard, M.D. will present the second lecture, "Anxiety Disorders," on Tuesday, April 25. Dr. Bogard will present an overview of anxiety disorders and discuss various treatments.

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LECTURES

The final lecture, "Dekinking the Stress Mess," will take place Tuesday, May 2. Kirk also will present this workshop, providing an overview of stress management strategies, while specifically focusing on the basic skills vital to healthy living.

The programs cost \$5 each or \$10 for all three. To register, call Eastern's Office of Conference and Non-Credit Programs at 581-5116. Space is limited.